



St. John Ambulance

Alberta Council Provincial First Aid Competition Rules and Regulations

Geographic Requirements for Eligibility

Alberta Council Provincial Competitions are open to teams from any geographic location. All teams are expected to be familiar with the Alberta First Aid Regulations. The competition is open to competitors aged 12 and older. The maximum number of members per team is 4.

Competition Divisions

There are four divisions within the competition. Teams must register in **one** division based on their level of training.

Should a team be comprised of members with different levels of training, the team is required to register in the division appropriate to the member(s) who have the highest level of training. For example, if two members of a team have Standard First Aid and two members have Advanced First Aid, the team must register in the Advanced First Aid division.

1. Emergency First Aid: Competition scenario will be designed and judged at the Emergency First Aid level with CPR . Adult. Refer to the *Training Information Chart* for details.

2. Standard First Aid: Competition scenario will be designed and judged at the Standard First Aid level with CPR . Adult/Child/Infant. Refer to the *Training Information Chart* for details.

3. Advanced First Aid: Competition scenario will be designed and judged at the Advanced First Aid level with CPR . Adult/Child/Infant. Refer to the *Training Information Chart* for details. This division is open to anyone who holds a valid Advanced First Aid training certificate.

4. Emergency Responder: Competition scenario will be designed and judged at the Emergency Responder/Pre-Hospital level of training. This division is open to anyone who is a registered health care professional (example: EMR, EMT, Paramedic, Nurse, etc.) or an Emergency Responder (example: firefighter, SJA Volunteer First Aid Responders with MFR training).

Training Information

Please refer to the chart below for details on training content and skills competitors should be familiar with in accordance to their level of current training, based on Alberta regulations. Any of the skills listed for the level of training may be incorporated into the competition scenario for that division.

Competition Divisions	Content	SJA Reference
Emergency First Aid	ESM, Shock, Choking, Adult CPR, Severe Bleeding, Medical Conditions, Wound Care, Eye Injuries, Burns, and Heat & Cold injuries.	St. John Ambulance, <i>First on the Scene Student Reference Guide</i>
Standard First Aid	ESM, Shock, Choking, Adult CPR, Severe Bleeding, Medical Conditions, Child Resuscitation, Infant Resuscitation, 2-Rescuer CPR, Secondary Survey, Head & Spinal injuries, Wound Care, Eye Injuries, Burns, and Heat & Cold injuries.	St. John Ambulance, <i>First on the Scene Student Reference Guide</i>
Advanced First Aid	<p>ESM, Shock, Respiratory Emergencies, Severe Bleeding, Adult, Child, Infant and 2-Rescuer CPR, Secondary Survey, Bone & Joint Injuries, Head, Spinal & Pelvic Injuries, Wound Care, Heat & Cold Injuries, Triage, Emergency Childbirth, Oxygen Administration, AED, Advanced Splinting and Advanced Head & Spinal Care.</p> <p>Following is a list of restricted activities for AFAs as per Alberta First Aid Regulations. This content will not be included in the AFA scenario:</p> <ul style="list-style-type: none"> • insert nasopharyngeal (NPA) airways • suction of the nose • taking vital signs including blood pressure • exert pressure on arterial pulse points • use tourniquets • use air splints • perform auscultation with a stethoscope • apply traction splints or align limbs • administer any medications, including glucose paste 	St. John Ambulance, <i>Medical First Responder Student Manual</i>
Emergency Responder (including MFR)	<p>Skills for the Emergency Responder division scenario will be based on the AOCPs for Emergency Medical Responders in Alberta with the exception of transporting a casualty.</p> <p>For SJA Volunteer Responders, the MFR Scope of practice and course content will apply.</p>	<p>Current Canadian Edition of the Brady <i>Emergency Medical Responder : A skills Approach</i></p> <p>St. John Ambulance, <i>Medical First Responder Student Manual</i></p>

Verification of Training

Each competitor must have a valid certificate equivalent to his/her level of first aid training or a professional license/registration. When registering a team, the captain must ensure that each team member's name and first aid certificate/professional registration expiry date is recorded on the registration form.

Awarding of Provincial First Aid Competition Trophies

Trophies are awarded for the following:

- Highest Aggregate Scoring Team across all divisions
- Best Novice Team across all divisions
- Best Emergency First Aid Team
- Best Standard First Aid Team
- Best Advanced First Aid Team
- Best Emergency Responder Team
- Best Team Captain in each division

Note: If a situation arises where only one team has entered a division, that team must obtain a percentage equal to the average of all teams competing in the Provincial Competition in order to receive the trophy for that division.

Team Captain

A team captain must be appointed for each team. Selecting the team captain is an important task in team formation. The team captain is responsible for coordinating the team practices and assisting with the development of team members. During the Competition, the team captain is responsible for:

- Assessing the situation, developing a plan of action, and providing direction to other team members. Therefore, the captain should have strong communication and organizational skills and excellent first aid knowledge and skills, including the ability to recognize injuries and illness, and to identify the appropriate forms of treatment, and
- Casualty management; identifying and determining priorities for treatment by team members.

Team Member Substitutions

Prior to the competition date, a team may make any changes it wishes to its roster, as long as those changes do not violate any competition rules or regulations. The change must be forwarded to the Competitions Registration Coordinator, Danielle Deslauriers, at St. John Ambulance Provincial Office with the accompanying verification of the substitute member's training. Email: Danielle.Deslauriers@stjohn.ab.ca Telephone: 780-452-6565, ext. 8245.

In case of emergency just prior to or on the day of the Competition whereby a team member is unable to compete, any requests for a member substitution must be approved by the Chief Judge. Note: Teams may compete with less than 4 members however no changes in the scenario will be made to accommodate this.

COMPETITION DAY INFORMATION

Time Limit

A time limit is set for each scenario by the Chief Judge. Teams will not be advised of this time limit and no warning will be given as time approaches. Once time has been called, no team member is allowed to continue.

Lock-Up

All teams will check in at the Team Registration Desk prior to the start of the competition and remain in a lock-up room until called to the competition area, as per the competition schedule. Once in lock-up any form of external communication may result in disqualification of team. Any teams with members under 16 years of age **must have an adult chaperon with them at all times in the lock-up area**. Teams are encouraged to bring small board/card/electronic games to use while waiting.

After teams have competed, there is absolutely no re-entry into the lock-up room; teams who violate this rule may be disqualified. A separate space will be available in the competition area to hold personal items while teams compete.

Competition Area

In general, all competition activity must occur within the designated competition area. Exceptions are granted in the following instances:

- If a casualty leaves the treatment area, competitors may follow the casualty to continue treatment, unless instructed otherwise by a judge.
- If a competitor is instructed by a judge to leave the area.
- If the first aid supplies and/or phone are located outside the competition ring, the team member designated as winner is permitted to leave the area to obtain first aid supplies and/or to call for emergency services.

Interaction with Other Teams

Any interaction with other teams and anyone connected to those teams **who have not yet** competed shall result in disqualification. Once a team has competed, they are encouraged to stay and watch the remaining teams compete.

First Aid Supplies

First aid kits containing the necessary supplies to be used will be provided on competition day. A list of kit contents will be provided for viewing in the lock-up area on competition day. Gloves will be supplied. However, team members may bring and use their own gloves if preferred.

Use of Reference Materials

Competitors are strictly forbidden to carry reference materials with them into the competition area. Failure to comply shall result in disqualification.

Judging Sheets

A judge's decision is final. To assist with learning and preparation for future competitions, each team will receive a copy of their team's marks. The marks will be mailed to the contact person listed on the team registration form within one week following the competition. There is a thirty day appeal period (related to mathematical errors only) after marks are sent out.

Appeals

Any questions with reference to the status of qualifications of an individual or team or any appeal not covered by these regulations shall be directed in writing to:

Provincial Competition Chair
St. John Ambulance Provincial Office
3rd Floor, 12304 . 118 Avenue
Edmonton, AB T5L 5G8